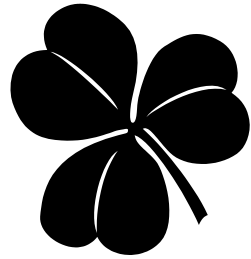


NATIONAL NUTRITION MONTH®



MARCH 2013 MENU

Mansfield Elementary School

Daily Breakfast: \$ 1.30

Daily Lunch (includes milk): \$ 2.10

Milk (only): \$.50

Additional Lunch
option on Tuesdays
and Thursdays:
Salad Plate
Cost \$ 2.50

Monday	Tuesday	Wednesday	Thursday	Friday
National School Breakfast Week- Join Us for Breakfast				
Hotdog On Wheat Bun Vegetarian Baked Beans Sweet Potato Fries Celery Sticks Chilled Peaches Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Bagel Lunch March 4	Chicken Pattie on Wheat Bun Smile Fries Green Beans Apple Sauce Trail Mix Milk <u>Breakfast:</u> Bagel with Cream cheese, 100% Juice, Fruit, Milk Elementary Bag Lunch: Cereal Lunch March 5	Enriched Pasta with Meat Sauce Garden Salad Coined Carrots Green & Red Grapes Milk <u>Breakfast:</u> Yogurt and Crackers, 100% Juice, Fruit, Milk Elementary Bag Lunch: Egg Salad Sandwich March 6	Hamburger or Cheeseburger on Wheat Bun Baked Sweet Potato Casserole Cucumbers Chilled Pears Trail Mix Milk <u>Breakfast:</u> Whole Grain Cinnamon Bun, 100% Juice, Fruit, Milk Elementary Bag Lunch: Peanut Butter & Fluff March 7	Cheese Pizza Tossed Salad Mixed Vegetables Chilled Peaches Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Tuna Salad on a Roll March 8
Johnny AppleSeedDay Toasted Cheese on Wheat Bread Tomato Soup Carrot Sticks Chilled Pears Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Bagel Lunch March 11	Chicken Nuggets Broccoli Southwestern Potato Tots Apple Sauce Trail Mix Milk <u>Breakfast:</u> Mini Waffles, 100% Juice, Fruit, Milk Elementary Bag Lunch: Cereal Lunch March 12	Pasta with Meatballs Green Salad California Blend Veggies Chilled Pears Milk <u>Breakfast:</u> Pancakes, 100% Juice, Fruit, Milk Elementary Bag Lunch: Egg Salad Sandwich March 13	Baked Tortilla Chips Topped with Seasoned Beef, Cheese, Lettuce, Tomatoes, Salsa, Black Beans Corn Orange Smiles Trail Mix Milk <u>Breakfast:</u> Corn Muffin, 100% Juice, Fruit, Milk Elementary Bag Lunch: Peanut Butter & Fluff March 14	French Bread Pizza Green Salad Sweet Peas Apple Sauce Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Tuna Salad on a Sandwich March 15

Daily Alternate Lunch options:

Peanut Butter & Jelly

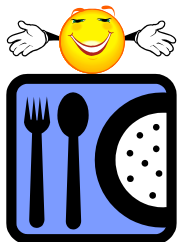
Yogurt lunch

Tuesdays & Thursdays only- Salad Plate for \$2.50

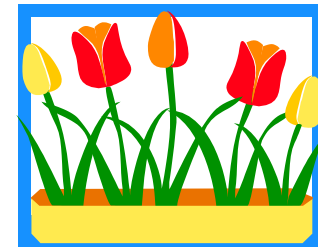
Substitution for meat:

For those meals that can be served without meat for a protein, an option of substituting the meat with a cheese stick or peanut butter is available. Students who wish to decline the meat component may do so and take 3 other components, such as: milk, fruit, vegetable and or bread. Please ask your cafeteria manager about this option.

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger or Cheeseburger on Wheat Bun Oven Fries Celery Sticks Dipping Sauce Pineapple Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Bagel Lunch March 18	Wheat French Toast Sticks Egg Patty Potato Tots Trail Mix 100% Orange Juice Milk <u>Breakfast:</u> Yogurt and Crackers, 100% Juice, Fruit, Milk Elementary Bag Lunch: Cereal Lunch March 19	Enriched Pasta with Meat Sauce Spinach Salad Mixed Vegetables Chilled Pears Milk <u>Breakfast:</u> Muffin, 100% Juice, Fruit, Milk Elementary Bag Lunch: Egg Salad Sandwich March 20	Mac & Cheese Vegetable Sticks Green Beans Tortilla Chips Trail Mix Milk <u>Breakfast:</u> Whole Grain French Toast Sticks, 100% Juice, Fruit, Milk Elementary Bag Lunch: Peanut Butter & Fluff March 21	Cheese or Pepperoni Pizza Tossed Salad Sweet corn Apple Sauce Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Tuna Salad Sandwich March 22
Chicken Tenders Seasoned Red Bliss Potatoes Dipping Sauce Broccoli Fresh Apple Milk <u>Breakfast:</u> Assorted Cold Cereal Choice, 100% Juice, Fruit, Milk Elementary Bag Lunch: Bagel Lunch March 25	Mashed Potato Bar Chicken and Gravy Broccoli & Cheese Chilled Oranges Trail Mix Milk <u>Breakfast:</u> Whole Grain Cinnamon Bun, 100% Juice, Fruit, Milk Elementary Bag Lunch: Cereal Lunch March 26	Enriched Pasta with Meatballs Wheat Garlic Toast Tossed Salad Chilled Peaches Milk <u>Breakfast:</u> Mini Waffles, 100% Juice, Fruit, Milk Elementary Bag Lunch: Egg Salad Sandwich March 27	No School March 28	No School March 29



In the Mansfield Food Services Department, we provide healthy, safe, and economical meals to our customers. We constantly strive to reduce costs, minimize waste, and incorporate available resources while being conscious of our environment. The creative culinary skills of our staff members are used to encourage proper nutrition and compliment the educational programs in our schools. We take pride in our work and hope you will allow us to continue to serve your children now and in the future.



The 5 Meal Components for School Lunch

- Meat or Meat Alternate
- Grain
- Fruit
- Vegetable
- Milk

You choose **at least** 3 including $\frac{1}{2}$ cup of vegetable or fruit and at least 2 other components. For best nutrition, choose all 5!

Menu is subject to change without future notice.